

## **Agochari Mudra**

### **Technique:**

- Sit in any comfortable meditative pose. First of all close your eyes and relax your whole body. Then open your eyes and focus on the nose tip.
- Don't strain your eyes, but try to hold both eyes on the tip of the nose. If the attention of both eyes is truly directed inwards to the tip of the nose then you should see a double outline of the nose. These two outlines become one and solid where they merge with each other. The two outlines cross each other at the nose tip to form a V-shaped point. You should direct your gaze at this point. If you don't see this V-shape then it means that your eyes are not both fixed on the nose tip. In this case adopt the method of converging the eyes outlined below.
- At first you will find that you can hold attention on the nose tip for a few seconds. Continuation of the practice becomes a little uncomfortable.
- Be sure to release the position of the eyes for a few seconds and then repeat the practice. In this manner you will gradually increase the period of time of actual nose tip gazing as the eyes progressively become accustomed.
- Under no circumstances should you strain the eyes. Proficiency in the practice should be developed over a period of weeks.
- When you can gaze at the nose tip for a minute or so without the slightest difficulty then become aware of your breath as well as your nose tip.
- Feel the breath moving to and fro through the nose.
- At the same time you will hear a slight sound as the breath moves through the nasal passages; also be aware of this sound.
- Try to be completely absorbed in the practice to the exclusion of all other thoughts.
- Maintain awareness of the nose tip, movement of the breath and the accompanying sound.
- Continue in this manner for as long as you have time.